PLANT FACT SHEET

Cyperus sphaerospermus Schrad.

GENUS *Cyperus* **FAMILY** Cyperaceae

EDIBLE PARTS AND USES

Edible parts: Stem

The stems are eaten as a snack.

DESCRIPTION

A sedge. It is a herb.

HABITAT

It is a subtropical plant.

REFERENCES

Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 51

Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136–179

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a711fe09-9472-484d-beb4-eb8c02e7cb2d